



# Adult Care

LIBERTY cares about more than just teeth!

## health tip: Healthy Snack Ideas



### health tip:

bananas are rich in Potassium and helps to prevent muscle cramps, especially when taking prescribed water pills for high blood pressure

am

noon

pm

### morning riser

#### toasted treat

Your favorite bagel or whole grain bread topped with cream cheese or unsalted and unsweetened almond or peanut butter. Top it off with raisins or dried cranberries

#### fruit treat

Fresh or dried apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon

#### quick & easy

An easy, high-protein snack with healthy fat for sustained energy. Use salt-free seasonings

#### on-the-go

Grab a healthy, whole grain granola bar when in a hurry. For more calories, grab a granola bar with dried fruit and nuts

### morning blender

#### smooth-e boost

Grab your juicer and mix up your favorite greens and fruits for a super nutritious drink. Add fresh ginger to boost your immune system

#### orange-e-licious

Blend 1-2 scoops of your favorite protein powder with 100% fresh orange juice and a scoop of vanilla sorbet for a dessert-like nutritious protein drink

### mid-day energy

#### vegi-dippers

Raw vegetables (broccoli, carrots, celery cauliflower, cucumber slices) with low-fat dressing

#### stuffed celery

Raw celery stuffed with cream cheese or unsalted and unsweetened almond or peanut butter

#### devil-licious

Deviled eggs. Instead of mayo, try plain yogurt and salt-free herb seasoning

#### smoke'n good

Sandwich sliced deli turkey between 1 slice of smoked gouda cheese and 1 slice swiss cheese

#### fish & crisp

Whole grain wheat or rye crisps topped with tuna or albacore

#### fruit treat

Fresh or dried apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon

#### grab a handful

1 serving of your favorite trail mix blend will satisfy cravings and provide afternoon energy

#### cookie-licious

For an occasional cheat treat grab a fresh-baked oatmeal peanut butter cookie with walnuts

### before gym

#### on-a-roll

1 banana, sliced and rolled in wheat germ and or chopped almonds

#### n-r-g cup

Yogurt cup with almonds

#### go-pro

Blend 1-2 scoops of your favorite protein powder blended with your favorite juice, or, with 1 cup cooked oatmeal, 30g of walnuts and 1/2 a banana

### late crave

#### guilt-free popcorn

Air-popped, salt-free popcorn with Spike seasoning sprinkled with dried Parmesan cheese

#### easy cheesy

Whole grain wheat or rye crisp crackers topped with cheese or cottage cheese and sliced tomatoes, or just some string cheese

#### super protein

scrambled egg whites with fresh salsa and a slice of fat-free cheese

#### not-so-guilty ice cream

For that insatiable appetite for ice cream, choose Dreyer's slow churned ice cream - it's half the fat

**Brush your teeth before going to bed!**